

SOUTH FLORIDA MENTAL **HEALTH & PHYSICAL** WELLNESS EVE

LET'S COME TOGETHER AND SPREAD THE LOVE!



JUNE 1, 2025 9:30 AM - 1:30 PM

\$5 admission

Location

Beit David Highland Lakes Shul 2600 NE 209 St. Miami, FL 33180

SPONSORS

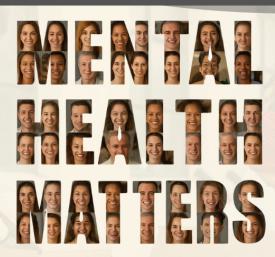
BELIEVE IN YOU











Event Highlights

World Class Speakers

Hear powerful insights on suicide prevention, addiction recovery, cutting-edge wellness therapies, and the transformative power of mental health and kindness.

Live Workouts & Yoga

Enjoy energizing workouts and calming yoga sessions led by expert instructors to help you move, breathe, and feel your best.

About Our Event!

The South Florida Mental Health & Physical Wellness Event brings together leading experts and local providers to explore the deep connection between mind and body. From cuttingedge therapies to real-life recovery stories, this event is designed to educate, inspire, and empower you to live a healthier, more balanced life. Whether you're seeking resources, support, or simply curious to learn, there's something here for everyone.